



A 14-year-old Quadrilateral Amputee Is an Outstanding Inspiration



Fourteen-year-old Heidi Burke doesn't let her limb differences keep her from excelling at anything she sets her mind to accomplish. Heidi is among the top students in her class at *Midland Adventist Academy* in Shawnee Mission, Kansas, United States. She is an avid reader and a talented musician. She plays trumpet in the band and the piano at home. "Music has always been a part of my life," Heidi says. "It's almost like a friend, something that's always been there."

She is also on the gymnastics team, writes poetry, is learning to drive, and is currently studying for her learner's permit. Otherwise she is your average teenager. Every night she eats dinner with her parents, Byron and Dawn, talking about the day's events. They are proud of her. "She's smart, she's determined," Dawn says. "She doesn't see herself as different than anybody else."

Her close friends and family rarely notice her arms and legs. She is a quadrilateral amputee, born with no hands and feet; but her parents have never seen it hold her back. Her mother, Dawn, says, "Heidi doesn't limit herself at all, so why should anyone else?"

Heidi has to learn how to do everyday tasks differently but can do anything she sets her mind to. She can hold a pencil, type, and even play the piano using her arms. Her cursive handwriting is neat and pretty too. "It's not your hands that write, it's your brain that does it," she explains. The trumpet's three valves are not a problem, though she says the high notes are "kind of hard". She can also cartwheel and flip with the best of her gymnastic team. Growing up, Heidi taught herself to solve everyday problems just like anyone else. She is used to people seeming surprised by this. "It's like, 'You don't have feet! You don't have hands,'" she says theatrically, referring to the way strangers express shock at her ability. "I'm like, 'Well, you don't need them'." She is a good student - active and musical. She doesn't ask for help very often and doesn't need many special accommodations. Engineering students at the *University of Kansas* recently made her a special lever to help her reach the pedals on the piano. She also wears custom-made shoes, but that's about it.

- Report submitted by Nathan Vickers, KCTV News, and Mid-America Union Conference of Seventh-day Adventists.

A Word in Season . . .

Politics is a very popular but controversial topic. In fact, one sometimes gets the impression that controversy is the norm of politics! Things can be said on the floor of the House of Commons that dare not be said outside for fear of prosecution! Yet the Speaker has been known to reprimand MP's or even send them out of the Chamber for making certain remarks. The Chamber is for debate but one may be led to question the sincerity of some when ridicule, criticisms and accusations are thrown across the House in such venomous terms. It's more like a contest to see who can achieve the most 'eloquent' attack and gain the best cheer! Some may think that this is what politics is really all about. While politics may be entertaining, so to speak, on the other hand, governing should surely be of a more mature and sober nature.

During a recent *BBC Question Time* broadcast (I forget exactly where it took place, although Leek is in my mind), the Brexit issue was very much on the agenda. There were the usual political swipes from the various parties. Voices were being raised, some talking over the top of the others, some were getting hot under the collar, and the general atmosphere was very unpleasant as personal attacks were made. The audience told them in no uncertain terms that they were not seeking to achieve what the nation had voted but were too busy with opposition and in-party squabbling on all sides. Finally, a young man in the audience received overwhelming support when he addressed the panel. I was very impressed by the way he calmly spoke and by what he said about their behavior, not only on the programme but also in Parliament. He asked them why they could not be civil to one another and listen to the other's point of view. He suggested that they should be seeking to work together for the good of the country instead of opposing just for the sake of it. He told them that they really ought to be ashamed at how they conducted themselves. Obviously embarrassed, they

then spoke very pleasantly making out that they shared those very sentiments! The genuineness of that claim was soon revealed when the same unpleasant behavior continued in Parliament in the days that followed.

Such behavior is to be pitied. Reflecting on all of this, it set me thinking about how I conduct myself? Do I put on a public performance that is contrary to how I really am in private? In fact, do any of us sometimes pretend to be what we are not? We should seek to avoid hypocrisy. The Good Book says: "A soft answer turns away wrath, but a harsh word stirs up anger" - Proverbs 15:1. What a better society ours would be if we were more tolerant, kind and honest, respectful and willing to give of our best. In other words: more Christlike in our attitude and behavior - *Editor*.

"Food for Thought . . .

"O Lord, make the bad people good and the good people nice"

- *Prayer of a young girl.*

Services of the Church: -

Bible Study/Discussion . . .

Saturday 10:00 am

Children's Class . . . Saturday 10:00 am

Family Worship . . . Saturday 11:15 am

Church Family Fellowship . . .

First Saturday afternoon in each month after the Worship Service and a fellowship meal.

Bible Study & Prayer . . .

Monday 7:30 pm

We operate a child protection policy.

Marriages – Child Dedications – Believers

Baptisms – Funerals

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<http://greatyarmouth.adventistchurch.org.uk/>

Editorial

Our cover story this month is an awe-inspiring account of a young girl who has demonstrated determination in achieving what many would never dream possible. She is to be admired. Many people in far less disadvantaged circumstances, would not even attempt to achieve what she has accomplished. Some would just bemoan the fact that 'they can't'. Heidi Burke has shown what can be done; and instead of bemoaning her misfortune has set about overcoming its obstacles and proving that 'she can'!

Our series on *Sleep and Wellbeing* continues with part 2 by Sharon Platt-McDonald, the Health Director at the British HQ of the Seventh-day Adventist Church. Speaking of health promotion, we also feature two important events that have recently taken place - namely the public health screening programme and the vegetarian cooking classes. Both offering invaluable service to a healthier lifestyle - *Editor*.

Health Screening at Market Gates

On Sunday 12 May, the health team of the Seventh-day Adventist Church in Burnt Lane once again headed into Market Gates Shopping Mall to conduct a full day's health screening programme. This is offered as a free service to the community. It saves the hassle of making an appointment. People can just turn up and have a free health check.



Prevention is better than cure! Qualified professionals in the medical and health promotional field undertake certain tests, including counselling and referrals. Helpful and informative literature is also freely available for those who wish to help themselves. Appreciation is also extended to the management of Market Gates who provide the facilities twice each year for this service. During the course of the day, our records tallied the following number of tests: -



- 83 blood pressures
- 95 blood sugar tests
- 57 body mass indexes
- 15 carbon monoxide tests for smokers
- And out of those who sought advice, 9 were referred to their GP's.

Several people who visited the stand, expressed much appreciation for what is being offered. In fact, a number have attended the health screening programme now a few times over the years that the church has been performing these health checks.

And the Chefs Were in Action!

Sunday 9 June witnessed another vegetarian cooking demonstration, which is another free service the church in Burnt Lane, Gorleston, offers to the community.



Cauliflower Mushroom Rissotto

Norma Borrett showed us how to prepare this delicious food item from 'wonky cabbage', garlic, onions and other quality food.

Pinto Posole

This Mexican dish was demonstrated by Justin Overton as he prepared a rather tasty, spicy soup from chili peppers, pinto beans, onion & garlic. He was generous in preparing a slightly milder dish for those who were not too keen on too spicy food.



Idli (Steamed Rice Lentil Cake)

Paul Managoran prepared a very interesting Indian dish as he introduced something new into the cooking demo. The mixture was finally steamed in a special cooking facility that helped preserve the goodness of wholesome food. The lentil cakes were then covered in a tasty stew.



Hummus Hot Pot

Pearl Walker who heads-up the health promotion department at the church, prepared a wholesome hot pot of hummus (a preparation made from chickpeas) and several healthy vegetables; and then layered with sliced potato and hummus - most enjoyable.



Virtually everyone went back for seconds, all commenting on how tasty and good the food was. After the main course, there was a treat of stewed rhubarb and ice cream. Everyone enjoyed what could be termed a satisfying meal with international flavour!



Sleep and Wellbeing - Part 2

by

Sharon Platt-McDonald, RGN, RM, RHV, MSc

In their publication outlining the importance of sleep, the Royal Society for Public Health (RSPH) highlight the UK sleep picture, giving it the title: 'Public missing out on a night's worth of sleep every week.' The report revealed the following:

- Four in ten people aren't getting enough sleep.
- One in five sleep poorly most nights.

With the concerns about these statistics, the RSPH have identified that '*a wealth of evidence exists about the fundamental role sleep plays in protecting us from problems with our health and wellbeing. Poor sleep is linked to a wide range of physical, mental, behavioural and performance issues.*'

In a separate report highlighting concerns regarding the nations sleeping habits, Shirley Crammer CBE, Chief Executive of RSPH, said, 'We do need to wake up to the benefits of sleep. . . . Poor sleep and sleep disorders impact on our ability to lead a healthy lifestyle and are associated with a range of diseases such as cancer, diabetes, heart attack and depression.'

We realize the impact of sleep, or lack of it, as research evidence reveals that our sleep patterns (when and how we sleep) also impact wellbeing. An in-depth look at how the nation sleeps has produced some interesting data. The BBC summarized new research published in the journal *Chronobiology International* in the following way: 'People who go to bed late and struggle to wake in the morning are more likely to die prematurely than early risers, according to new research.'

Interviewing 433,000 study participants aged 38-73, scientists analyzing their sleep behavior asked them to identify whether they considered themselves to be a 'definite morning type', a 'moderate morning type', a 'moderate evening type', or a 'definite evening type'. The study outcomes also revealed:

- 'Night owls are 10% more likely to have early deaths than morning larks.'
- 'Late risers were more likely to have a range of mental and physical illnesses.'

In drawing conclusions, the study adjusted for factors such as age, gender, ethnicity, smoking, body mass index, and socioeconomic status. The data revealed that the chance of early death was lowest in the 'definite morning type'. Conversely, the degree of risk from early death increased among body clock types as they got up later.

Healthy Wit . . .

What kind of nuts are always sneezing? Cashews!

Why did the peanut complain to the police? Because he had been assaulted!